

RAINBOW MESSENGER
MAY, 2005



WALKING: The banquet room will open for walking most weekday mornings at 8:00 a.m. If you walk 25 laps around the room you've walked a mile. The room is climate controlled for your comfort. On Friday, May 27th please have your walking in by 12 noon. Thanks.



WALKING TRAIL: With the weather getting nicer don't forget about our outdoor walking trail. It's 1/3 mile around, plus you're walking on little wood chips. Come try it out some day. The walking trail goes clear around our property. You can see the walking trail from inside the building in various places.

OPEN HOUSE: We're having an open house for our new **WALKING TRAIL** at 10:00 a.m. on Friday, May 13th and you are all invited!!! Enjoy a stroll on the walking trail if you wish. Or you can see where it winds around the property. Come in and enjoy our catered breakfast and stay for the Open House.



FITNESS ROOM: Our fitness room is open from 8 a.m. to 3:45 p.m. for you to use. We ask you to sign-in and out at the receptionists' desk. The fitness room is located in the lower level. We have 2 treadmills, 3 recumbent bicycles, another stationary bike, plus a "Cybex" machine that gives you several different exercises to workout for different areas of the body.



BILLIARDS/POOL: You can enjoy playing pool Monday, Tuesday, Thursday and Friday from 8:00 a.m. to 3:45 p.m. We request you not **start your games on Wednesdays until 1:00 p.m.** We have a full size pool table plus a bumper pool table for you to play. Thanks for your cooperation.



EXERCISE CLASS: Mondays and Thursdays our Exercise Class meets at 9:00 a.m. Our exercises are designed to keep your joints limber. We finish with the "Chicken Dance" and the "Hokey Pokey".



FREE COMPUTER ASSISTANCE: Do you have questions about how to use a computer? E-Mail? Use the Internet? Or anything else you would like to learn? We have **Volunteers** that come in on Wednesday mornings from 9:00 to 10:30 a.m. They will be glad to answer your questions and give you helpful tips!!

GAMES: Every Friday we offer games all day until 3:45 p.m. Bring your friends in for a fun afternoon. We have several different games for you and your friends to play. They are Rummicube, Double Nine Domino's, Scrabble, Tripoley and of course cards. These games are in the TV room on the main floor and available Monday-Friday for your enjoyment from 8:00 a.m. to 3:45 p.m. We also have: Ping Pong, Bumper Pool, Pool/Billiards and a portable Shuffle Board Court in the lower level. These games are available 8:00 a.m. to 3:45 p.m. weekdays except Wednesday, when we ask you to please wait until 1:00 p.m. to start your games.

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SUNDAYS AT THE CENTER: Would you like the Center open on Sunday afternoons? If so, it is up to you to volunteer to open. Please call the Center at: 482-4455 the Monday before to volunteer so I can get it in the paper. If someone volunteers to open the Center, the **Sunday hours are: 1:30 to 4:30 p.m. The Center will be closed on Mother's Day, May 8th. Happy Mother's Day to all the Mothers.**



CRAFTY CREW: Come and "Paint It" or "Craft It" and have fun with us. Learn new techniques every Tuesday from 9 a.m. – 12 p.m. Starting in May class fees will be \$3.00 which includes use of some supplies.

Schedule for May:

- | | |
|----------------------|--------------------------------------|
| May 3 rd | - Frogs / Turtles |
| May 10 th | - Concrete Stepping Stones |
| May 17 th | - Decorate Stones |
| May 24 th | - Mix Ceramic Slip
Pour Vase Mold |
| May 31 st | - Clean & Fire Vases |



SINGING SENIORS: Join the Singing Seniors on Fridays at 10:00 a.m. in the banquet room. If you like to sing, come and join us. However, if you can't make it every week, that's okay, we'll be glad to have you join us when you can. We'll be performing at the **Heritage House** in Jasper **Friday, May 6th at 10:00 a.m.**

TRIPS: **VINCENNES TRIP:** Join us for an interesting trip to the First Annual Aging Well Retreat at the Vincennes University Student Union on Tuesday, May 10th. You get to hear 2 great speakers which sounds like it may be two great 1-man shows. Either way you won't want to miss hearing them. "...Learn the seven keys to growth and development from Socrates, the joyous sage, who reached his peak as an elder. As a keynote

speaker..., author Ronald Gross of Columbia University will perform his dramatic reenactment of Socrates which has brought him national recognition." The other fantastic speaker is "Quaker minister, best-selling author, and master storyteller Phillip Gulley of Danville-the closing speaker. Gulley's Harmony series celebrates small town life and chronicles the moving and humorous world of Quaker pastor Sam Gardner. Gulley's marriage of pasturing, writing and speaking has garnered him the title "Indiana's Garrison Keillor." The Aging Well Retreat is sponsored by: Generations, Vincennes YMCA, Guardian Angel, Home Health Care, Older Americans, Arnold F. Habig Community Center and Glenburn Community & Wellness Center.

The retreat also includes 5 breakout sessions to aging well-related topics, plus lunch, door prizes and a goody bag.

We are offering transportation to this Retreat so you don't miss it!! Sign-ups start at **7:30 a.m.** by phone only, call 482-4455 to sign-up (4 Dubois County Senior Citizen Names per call) on **Monday, May 2nd**. Cost is \$30.00 a person for: registration, meal, door prize, goody bag and transportation. **Money is due** to the Center by **Thursday, May 5th** at 12:00 Noon. We will leave the Armory at **7:15 a.m.** and should return home around 3:15 p.m. This should be an enlightening, enjoyable trip you won't want to miss. **(Sign-up A.S.A.P. as I must let the bus lines know by Tuesday, May 3rd.)**

CRANE, IN: The 2nd trip is scheduled for the Crane base at Crane, Indiana on **Friday, May 27th**. This trip you will hear about the night vision, have lunch at the main club and hear a Crane overview, plus have a driving tour of the marina area. Lunch will be a sandwich bar.

Sign-ups start at **7:30 a.m.** by phone only at: 482-4455 (4 Dubois County Senior Citizens per phone call) on **Wednesday, May 11th**. Cost of the trip is \$24.00, which includes: transportation and lunch. We will need to know if anyone is not a U.S. Citizen when you sign-up as we have to send a list of those going to the base before for security reasons. Money is due by noon on **Monday, May 16th**. We must know how many are going by Friday morning May 13th so I can let the bus lines know.

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CARD TOURNEMENTS: Join us for a **Cinch Tourney** on **Thursday, May 5th** and a **Low Rum Tourney** on **Thursday, May 19th**. Both Tourneys start at 12:00 and will consist of six (6) games per tourney. Entry fee is \$1.00 a person. Prizes are awarded. Please sign-up by 10:00 a.m. the morning of the tourney you wish to play in. Hope you can join us.



BLOOD PRESSURE CHECKS will be held on **Tuesday, May 3rd** from 11:30 a.m. to 12:00 noon.

BINGO: Join us for Bingo on **Tuesday, May 3rd, 24th & 31st**. We have made changes so collecting is easier for everyone. If you weren't here in April the changes are: We not only need the number of cards you will be playing but will be collecting \$1.00 per card. We are going to play 50 games per day at \$.02 a card which equals \$1.00 per card. If you play 4 cards, you will need to pay \$4.00, etc. If you are only going to stay until break, you pay \$.50 per card for the day. Sorry but these will be your only option 25 or 50 games. We are not having a coverall. Someone will be collecting the money starting at 11:30 a.m. so games start at 12:00 p.m. Those playing in April liked it this way and I think you will too.

NOTICE: Our first bingo is moved up one (1) week due to the Vincennes Trip and we've added a third Bingo this month since there are five Tuesdays in May.



MOVIES & POPCORN: This month we are planning to see **"THE NOTEBOOK"** on **Thursday, May 26th** starting at 1:00 p.m. This adaptation of author Nicholas Sparks' best selling novel revolves around Noah Calhoun's (James Garner) regular visits to a female patron of an area nursing home. Rather than bore her with the insanities of everyday life, Calhoun reads from an old, faded notebook containing the sweeping account of young couple whose love affair was tragically put to a halt after their separation in the midst of World War II. After 14 years the couple found themselves unable to resist the call for a second chance. Hope to see you at the movies.

LUNCH OUT: Headquarters in Jasper will be the restaurant for our monthly Lunch Out. We will go there on **Tuesday, May 17th at 11:00 a.m.** The Tuesday special is fried or baked chicken, however, you can order from the menu, if you prefer. Call the Center at: 482-4455 to make reservations by **3:00 p.m. Thursday, May 12th**. This just gives them an idea on how many are coming. As always this is dutch treat.



CATERED MEAL: This month we're having a breakfast catered on **Friday, May 13th** at 8:00 a.m. The menu is: Bacon, Sausage, Biscuits w/Gravy, German Fries, Scrambled Eggs and Coffee. Sanders Catering will be catering the meal. Cost of the meal is \$5.00 a person. Reservations are due by **3:00 p.m. on Friday, May 6th**. Money will be collected the day of the event. Remember the door opens at 7:30 a.m. Stay for other activities including the **10:00 a.m. GRAND OPENING of our NEW WALKING TRAIL.**



QUILTING BEE'S: We will hold the May quilting bees on **Monday, May 9th and May 23rd**. Our quilting bees run from 9:00 a.m. to 3:00 p.m. All quilters are invited. The Center will provide lunch for all quilters. Hope you can attend, every stitch counts!!



LINE DANCE CLASSES: We will continue to meet on Wednesday evenings from **6:30 to 8:00 p.m. except on May 18th**. On the 18th the class will meet from **7:15 to 8:45 p.m.** Come join the fun at the Arnold F. Habig Community Center on Wednesday evenings. Line Dancing Classes are instructed by LaVerne Lechner. These classes are for Dubois County Senior Citizens 55 years and older. They are designed for beginners. All persons attending should wear tennis shoes. Class sessions will cost \$3.00 per dancer, payable each session. For more information call 482-4455. Hope to see you there.

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CITY WEB SITE: The City of Jasper has a new web site. It is: www.jasperindiana.gov. You will then be in the home page. To be able to pull up our Monthly Calendar click on:

- City Departments
- Click - Park & Recreation
- Click - Older American

Then put curser on Older American Activities and you will have three (3) choices to pick from.

Also: on the Home Page go to City Calendar and click on Senior Activities and that will give the month of events for the Older Americans. If you have any questions, please feel free to call us at: 482-4455 and we will be more than happy to help you. Welcome to the new Web Site.

CLOSINGS: The Older Americans will be closed on **Monday, May 30th** in observance of Memorial Day. Have a nice Holiday. Remember, the Center will also be closed on **Mother's Day, Sunday, May 8th**.



HAPPY MAY BIRTHDAYS!

4 th	Clara Englert
5 th	Linus J. Kluemper
6 th	Lavon Propes
7 th	Bertha Seger
7 th	Ardella Wilmes
9 th	Mary Brelage
9 th	Bernice Kluemper
9 th	Mary Ann Alles
15 th	Jim Gramelspacher
22 nd	Esther Schroeder
24 th	Alberta Harris
24 th	Frank E. Lee
27 th	Rosemary Schneider
28 th	Leo Knies
31 st	Mabell Schitter



HAPPY MAY ANNIVERSARIES!

5 th	Mr. & Mrs. Paul Campbell
6 th	Mr. & Mrs. Kenneth Schnell
22 nd	Mr. & Mrs. Tom Fehribach

AARP NEWS: The Dubois County Chapter will hold their regular meeting on **Wednesday, May 11th** at **1:30 p.m.** at the Arnold F. Habig Community Center. We will recognize all the Mothers of the AARP and there will be a guest speaker. Please bring an item for the food bank to the May meeting.

We are looking forward to the June Picnic.

Board meeting will be at 12:30 p.m.